


NORFOLK  
FLORE 1  
1975





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*Dedication*

**KEEP UP**



**THE SPIRIT**

This year we would like to dedicate the Magazine to school spirit, which has begun to shine again this past year.

# Editorial

Well, another year has gone by and we have really enjoyed working on the Magazine. Many hours have gone into it, but we believe that they have all been worthwhile. We would like to thank everyone who has helped us to make this Magazine successful.

Good-luck to the Editors next year ..... You'll need it!

Sue & Debbie

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Special thanks go to Mr. Gardiner for the photos and Mrs. Cowley for typing.



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L-R

Back Row: Mrs. Graham, Mrs. Buydens, Miss Gilroy,  
Mrs. Dorrington, Mrs. Jenkins, Miss Jackh, Miss Forman,  
Mrs. Logan, Mrs. Ward, Miss Boyd, Miss Flynn.  
Front Row: Mrs. McCormack, Mrs. Talbot, Miss Percy,  
Mrs. Williams, Mrs. Penn, Miss Scott, Mrs. Gardiner,  
Mrs. Wilton, Mrs. Allin.

Absent: Mr. Leard, Mrs. Abrioux, Mrs. Whitney,  
Mrs. Ashwood-Smith, Mrs. Austin.

## MISS SCOTT'S MESSAGE



When the time arrives to write an "Open Letter" to all of you in the School Magazine, I find myself considering ideas rather than events. This year the size of the School underwent a considerable increase, so that there has been rather more than the usual proportion of new girls. You who are new this year have been getting to know your school from the point of view of what is expected of you in work and in activities, but also you have gradually been discovering our traditions. A very important one of these is the tradition of service, both within the School, through readiness to help and support activities, and outside the School in the community and, perhaps occasionally, in assisting with projects to help those more remote from us.

In these years, when you have been told by counsellors, psychiatrists and even **politicians** that it is important for you to "do your own thing", it is very easy to confuse this with selfishness. You have wonderful opportunities in our world of pursuing the type of career, type of education or hobby, in which you are interested, perhaps more so than any earlier generation, but if you confuse this with complete pursuit of your own interests, without consideration for others, you will lose much of the joy of exploring your own world. It is only through co-operation and service in any community, whether it be that of the family, the school, or our town or country, that we can in fact derive full satisfaction from our activities. I hope this tradition of service will continue to be of central importance at Norfolk.

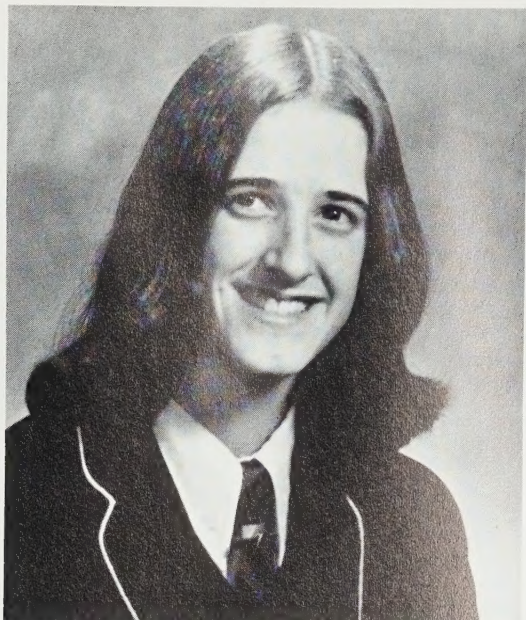
A. Winifred Scott  
Headmistress



# Grads







Jocelyn Graeme  
1963-1966, 1968-1975  
Dereham

"Cheer up, the worst is yet to come"

As Head Girl this year, Jocelyn has shown great leadership and school spirit. In all school activities, she has inspired enthusiasm. Jocelyn has attended Norfolk since Grade 1, with the exception of Grades IV and V, at which time she was not living in Victoria. She is also a member of the Senior Choir and Badminton team. Her majors include Biology, Chemistry, Math, Science, French, Russian and English.

Ambition: To travel

Probable Destiny: Selling tickets in a CP Air Booth

Favourite Saying: "That's generally cool"

#### FROM OUR HEAD GIRL

In my ten years at Norfolk House I have learned that school is a worthwhile journey. Though at the time it seems endless, we are learning many valuable lessons - respect for those older and wiser, patience with the younger and consideration for all. In short, besides teaching us basic knowledge, the intention of school is to teach us the elements of a happy future life.

I would like to thank Miss Scott for her guidance and the Prefects, and all students, for their support. To the students I would like to say that one vital aspect of school life is slightly lacking - school spirit. Though there was a marked increase in spirit during this year, there is still room for more. School spirit must never die.

Shakespeare said, "There's a place and means for every man alive". Life is what you make of it. Earn yourself the best place you can and you will have the best life.

Good Luck.

*Jocelyn*





Jonet Brownlee Ruthven (Ticki)

1972 - 1975

Walsingham

"Absence makes the heart grow fonder"

Ticki, our energetic Games Captain this year, has really built up the enthusiasm for sports in the School. She is majoring in Math, Chemistry, Biology, Drama, English, History, and Law. She was on the hockey, basketball, volleyball and track teams. She was in "Chamber Music" and enjoys horse-back riding and practical jokes.

Ambition: A travelling physiotherapist

Probable Destiny: Travelling with Avon

Pet Peeve: Hypochondriacs, postal strikes

Favourite Saying: "I got a letter today ....!!!"

### GAMES CAPTAIN'S REPORT

Dear Norfolk:

This year, taking the position of your games captain, I've had a year which will be hard to forget. These memories will not only be of Norfolk's wins and losses, but also of the fun we had achieving them. It has always seemed that either win or lose, Norfolk has always had enthusiasm, sportsman-like manners, and a big smile. This is not an easy thing to do when you are losing, but Norfolk never failed. Yes, we had some hard times and some near wins, but what is important is that we tried and enjoyed it. The spirit this year was incredible. This was particularly shown in hockey, which at times was a little overwhelming, but it is better to have too much than to have none at all. The enthusiasm and determination was shown in the many hours of practice before and after school hours. These practices and these games taught us how to shoot and score; helped us to master the skills, and most important, it taught us how to win and lose graciously. Our school enthusiasm was also shown by our junior gymnasts, who, through wind and rain, got out to practice their skills in their 101 multi-coloured tracksuits. This, by me, is much admired, as I have yet to achieve a back bend.

My major hope this year was that every girl would realize that you only get as much out of anything as you are prepared to put into it. This is not only true of sports but of everything you plan to go on and do later in life. It is most important that one realizes this now, as this is just a beginning and life always passes too quickly without one knowing.

Thanks to those who worked so hard and also to those who gave their unfailing support. Also, thanks to Miss Flynn, our everything coach, who started a strange year in a strange country, with, at times, very strange girls! ..... also Mrs. Ward and Miss Boyd, our swim and gym experts. Thank you, everybody, for a really, really great year - it was super. And to think this was only a lead up to next year!!! Good luck. Keep it up!

Always,

Ticki



Elizabeth Victoria Alexandra Joan Arnott  
1972 - 1973  
Caister

"That schoolgirl complexion"

Liz was a great House Captain for Caister and a Prefect. Liz has been very active this year, playing on the volleyball and basketball teams. She has kept the school going with her never-failing humour. Her majors include Chemistry, History and Physics and Biology.

Ambition: Doctor  
Probable Destiny: Mortician  
Pet Peeve: Bad drivers ... Eh, Cary!!!!?  
Favourite Saying: Hey Alison, I just can't get into it!"

Catriona Joy Baldwin  
1968 - 1975  
Walsingham

"Are we downhearted? No!"

Catriona has been busy this year organizing dances. Catriona was a prefect and as House Captain of Walsingham has created a lot of House spirit. She earned the white band on her blazer as a prefect. Her majors include Biology, Chemistry, Mathematics, English, Law and Geography.

Ambition: To grow another inch  
Probable Destiny: Wearing platform shoes for the rest of her life  
Pet Peeve: Having to stand on tiptoe to see the end of the Grade 3 line in Assembly.



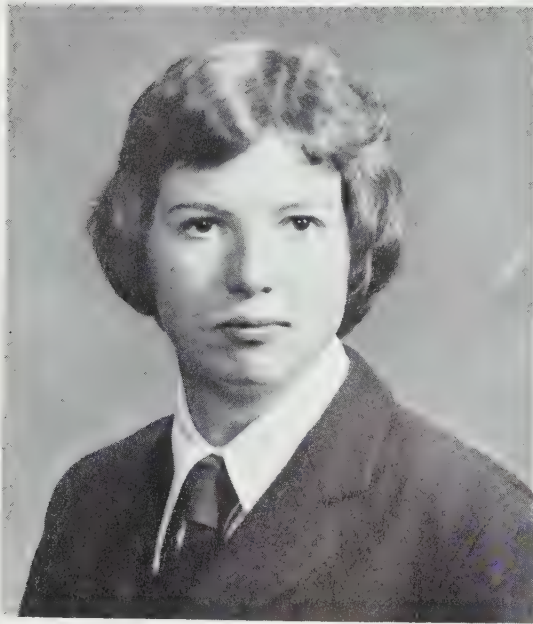
Deirdre Dale Canty (Dee-Dee)  
1972 - 1975  
Walsingham

"Life is just one damned thing after another"

Deirdre, who has been at Norfolk for three years, is an active member of Grade XII. Her main hobby is horse-back riding and in May she went to Calgary for a horse-show. Her majors include History, Geography, English, English Lit. and Drama.

Ambition: To be a professional horse rider  
Probable Destiny: Waitress at the Jockey Club  
Pet Peeve: Not being allowed to do what she wants  
Favourite Saying: "Cary, don't be so silly"





Mary Louise Gladwell  
1961 - 1975  
Wymondham

"So long as youth is green and testy old age  
is far off"

"Glads" has attended Norfolk for the past thirteen years. She has brightened the school with her smile (after 11:00 a.m.) and willingness to help others. Her majors include Biology, English, English Lit., History and Drama.

Ambition: To hold an intelligent conversation  
Probable Destiny: Being sent to the junk yard  
with her car

Pet Peeve: Being told that she isn't feminine  
Favourite Saying: "My car won't start"

Margaret Christine Henry (Peggy)  
1973 - 1975  
Walsingham

"There are fairies at the bottom of our garden"

Peggy has been with the School for two years and has fitted cheerfully into the school atmosphere. Her majors are English, English Lit., Chemistry, Biology, Geography and Math.

Ambition: To learn how to braid her  
hair

Probable Destiny: Heaven

Pet Peeve: Yappy dogs

Favourite Saying: "When are we eating"



Debbie Ann Horn  
1971 - 1975  
Walsingham

"It matters not how a man dies, but  
how he lives"

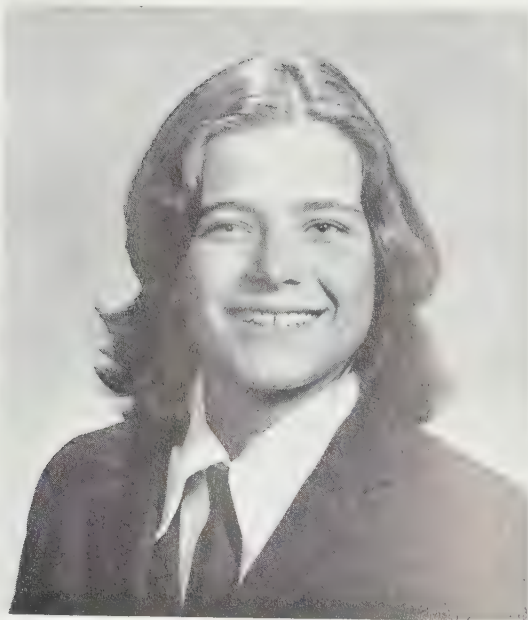
Debbie has been an active member of the Senior Choir as well as competing in most of the House Competitions. Her majors include Art, Biology, Geography, Typing and English.

Ambition: To become a Salvation Army  
Officer

Probable Destiny: Working with young children

Pet Peeve: Homework and sausages

Favourite Saying: "Goody, goody gumdrops"



Carolyn Peavey Heffelfinger Humphrey (Cary)  
1973 - 1975  
Dereham

"Presents', I often say 'endear absents'"

Cary, our skiing enthusiast, was also the House Captain of Dereham this year and played on the volleyball team. Her majors include Biology, English, History and Spanish.

Ambition: To own a massive ski resort  
Probable Destiny: To resort to mass ..... to become a nun

Pet Peeve: Rules  
Favourite Saying: "Alison, Liz, ..... come on!"

Carol Vivienne Jones  
1971 - 1975  
Wymondham

"Naught venture, naught have"

Carol, as the House Captain of Wymondham, is also a prefect and a member of the Senior Choir. Her sports life has included basketball, volleyball and track, while her majors include Biology, Math, Special English and English.

Ambition: Music or Home Economics  
Probable Destiny: Playing the violin in front of Eatons  
Favourite Saying: "Hey, tonight I'm allowed out!"



Kit Wah Lau  
1974 - 1975  
Dereham

"Perseverance always pays"

Kit only arrived at Norfolk this year, but she has worked hard ..... and has been rewarded for her efforts especially in the field of Mathematics. She played, as a valuable member, on the volleyball team. Her majors include Physics, Chemistry, Biology, Math, English Language and English Lit.

Ambition: To be an architect  
Probable Destiny: To build a new home for heaven  
Pet Peeve: Going up to S.M.U.





Chung Yenn Mee  
1974 - 1975  
Caister

"Custom that is before all Law, nature that is above all Art"

Yenn Mee, a new member of the school, has contributed a lot to her class. Her majors include English, Art, Law, Economics, Choir and English Lit.

Ambition: To go to University  
Probable Destiny: To land on the moon

Lynne Alexandra Dixon  
1962 - 1975  
Caister

"A moment's insight is sometimes worth a life's experience"

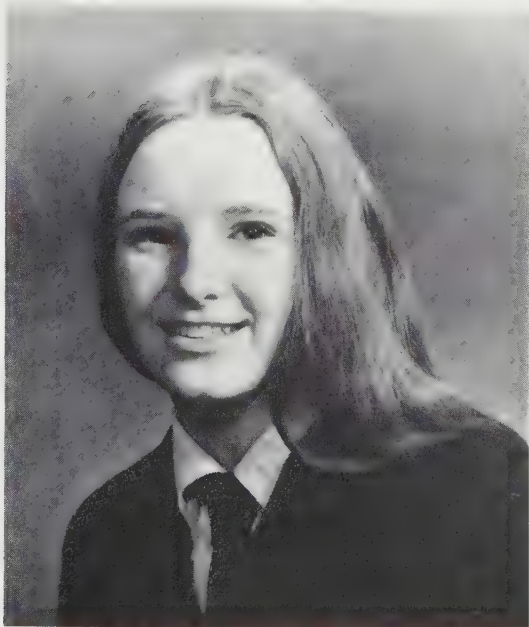
Lynne is one of the members of Grade XII who has been at Norfolk since kindergarten. She has been very active this year playing volleyball, basketball, badminton and tennis. Her majors include English, Math, French, Geography and Physics.

Ambition: To be a chartered Accountant or a police woman

Probable Destiny: Arresting people for tax evasion

Pet Peeve: Decisions

Favourite Saying: "Meet me by the car"



Brandy Elizabeth Gibbs  
1971 - 1975  
Dereham

"Art for art's sake"

Brandy has been with the School for four years, spending most of her time in the Art Room and her little yellow "bomb". Her majors include Economics, Biology, English, Geography, Typing, Art and Special English.

Ambition: To travel and to be an Interior Decorator

Probable Destiny: Painting Washrooms on the B.C. Ferries

Pet Peeve: "Education on the Move"

Favourite Saying: "See you round, like a donut!"



Amy Lau  
1974 - 1975  
Dereham

"Be in general virtuous, and you will be happy"

Amy, a new member of Grade XII, has fitted in nicely with the class. Her majors include English, Physics, Chemistry, Biology, Art and Math.

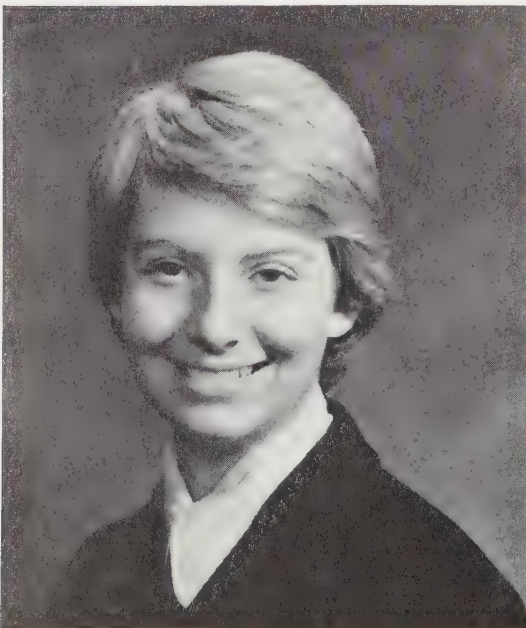
Ambition:	To be a dentist
Probable Destiny:	None
Pet Peeve:	None
Favourite Saying:	"Ai yah!"

Pamela June May  
1974 - 1975  
Dereham

"Knowledge comes while wisdom lingers"

Pamela, having just arrived from Alberta, has brightened the class with her intellect and good humour. Her majors include Chemistry, Biology, Physics, Math, French and English.

Ambition:	Veterinarian
Probable Destiny:	Butcher
Pet Peeve:	Lima Beans
Favourite Saying:	"My fingers are gone!"



Elizabeth Lois Jean Newbury  
1974 - 1975  
Wymondham

"Life is a joke that's just begun"

Liz is a new comer to Norfolk who has fitted in very well with the school. She was a member of the world famous John Oliver School Choir. Her majors include English Lit. and History.

Ambition:	To own her own store
Probable Destiny:	To rot in jail
Pet Peeve:	Geography class
Favourite Saying:	"What you see is what you get"





Alison Mary Paine  
1965 - 1975  
Caister

"I want what I want when I want it"

Alison, during her ten years at Norfolk, has exhibited her ability for writing. A School Prefect, she is also a Choir member. Her majors include Biology, Spanish, English and History.

Ambition: Lawyer  
Probable Destiny: Getting stuck in a snowdrift  
Pet Peeve: Not getting what she wants  
Favourite Saying: "Liz, that's absurd!"

Tracey Ann Rancier  
1973 - 1975  
Wymondham

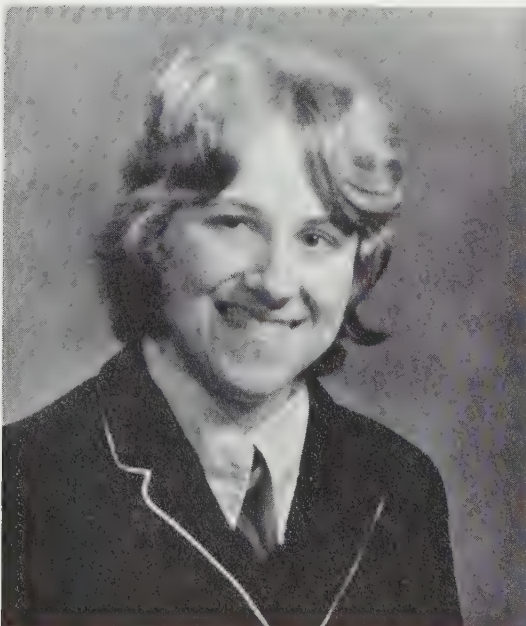
"A little of what you fancy does you good"

Tracey has spent only two years at Norfolk. She has been a valuable member of the cast of "Chamber Music". She played on the tennis and volleyball teams. Her majors include History, English, Chemistry, Biology and Drama.

Ambition: Fashion co-ordinator and merchandiser  
Probable Destiny: Full-back on the S.M.U. Rugby team

Pet Peeve: Being discovered in places she shouldn't be

Favourite Saying: "Not for a long time, just for a good time, Sugar"



Janet Shepherd  
1970 - 1975  
Caister

"Hast thou forgotten, ere I forget"

Janet, our super track star, will be badly missed at the Track Meets next year. She is also a member of our prefect team. Her majors include Spanish, English, Geography, Biology, Typing and Art

Ambition: Working with animals and travelling  
Probable Destiny: Cleaning out bird cages and learning to fly  
Pet Peeve: Flying  
Favourite Saying: "For sure!"



Ginger Ann Smith  
1967-1969, 1971-1975  
Dereham

"Boot, saddle, to horse, and away"

Ginger was a dedicated horse woman, actress and chorister. Her majors include English Lit., History, Biology and Drama.

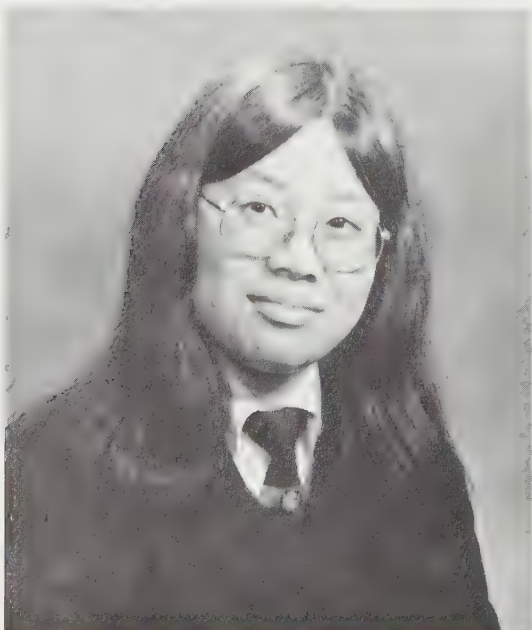
Ambition: To ride professionally  
Probable Destiny: To shovel horse dung out of stalls  
Pet Peeve: Leaving Calgary and living in Victoria  
Favourite Saying: "H \_\_\_\_\_ if I know"

Gail Yvette Thompson  
1962 - 1975  
Wymondham

"The shrill sweet lark"

Gail has been at Norfolk since she was in kindergarten. Vice-Captain of her House in Grade XI, she has been a strong member of the Prefects' team and the captain of the Senior Choir. Her majors include Chemistry, Spanish, French, History, Math and English.

Ambition: Corporation Lawyer  
Probable Destiny: Girl Friday for a Lawyer  
Pet Peeve: Disorganization and dirt  
Favourite Saying: "You're kidding!"



Pauline Hie-Ming Wong  
1973 - 1975  
Caister

"We live to learn"

Pauline has settled down nicely in her second year at Norfolk. She has been active in House sports and sang in the Senior Choir. Her majors include English, Math, Choir, Biology, Chemistry, Geography, Art and P.E.

Ambition: To be a great swimmer  
Probable Destiny: To swim across the Pacific Ocean  
Pet Peeve: Going out in the rain  
Favourite Saying: "Do not do unto others what you do not want others to do unto you"





Grade XI1

L-R:

M.Gladwell, C.Humphrey, T.Ruthven, C.Jones, E.Newbury, B.Gibbs, A.Paine,  
L.Arnott, C. Baldwin, D. Canty, G.Thompson, P.May, P. Wong.

L.Dixon, P. Henry, J. Graeme, A.Lau, K.Wah Lau, Y.M.Chung, J.Shepherd, G.Smith.

Absent: T. Rancier, D. Horn.



L-R:

T.Ruthven, S. Horner, D. Graeme, C. Baldwin, G.Thompson, M.A. Wiggins, C.Jones.

J. Graeme, A. Dufleit, C. Woods, L. Arnott, A. Paine, L. Dixon, J. Shepherd.





Seen in passing: Teachers.

- Miss Gilroy picking a lock with a bobby pin.
- Miss Flynn getting girls to buy "sweets" at the store for her.
- Miss Forman coming to school with the same outfit on.
- Mrs. McCormack having a typing class with no girls attending.
- Mrs. Morris losing a contact lens in assembly.

Seen in passing: Students.

#### Grade 12

- Tracy Rancier coming to school in proper uniform.
- Cary Humphrey coming to school.
- Deirdre Canty and Ginger Smith not talking about horses.
- Catriona Baldwin not wearing elevator shoes.
- Carol Jones wearing oxfords.

#### Grade 11

- Kathy Pollen coming to school in the same car.
- Joanna talking to a rubber plant called Harold.
- Andrée not being able to answer a question.
- Mary-Ann not talking.
- Alison talking about teen burgers.

#### Grade 10

- Karen not wearing bracelets and big earrings.
- Briony coming to school wearing an ironed skirt.
- Cindy wearing the proper scarf.
- Cathy Higgin not wearing make-up!



# *Classes*







### Grade 1

L-R: R.Bertz, J.McNaughton,  
K.Cavaye, S.Hasle, A. Leach,  
M.J. Boivin,  
F.McCaw, A.Wardell, S.Clark,  
R.Pemberton, S. Morris,  
T.Planedin, K. Lang, J.Mathews,  
C.Bavington.

### Grade 11

L-R:  
T.Smitz, R.Beale, B.Humphrey,  
M.Jenkins, W.Tse, J.C.Henderson,  
N.Creek, L. Kemble, R.Barlow,  
L.Planedin, M.Johnson, S.Cowley,  
H.Nash, V.Angus, C.Weidner,  
A.Wells, A.Newbury, A.Beirne,  
A.Vatter, L. Thorne.



### Grade 111

L-R:  
L.Schwartz, R.Jackson, L.Gammon,  
J.Buxton, B.Fowler, C.Hutcheson,  
C. Waldmann.

J.Rowe, J. Fox, C.Creighton,  
A. Skinner, C. Mathers,  
S.Logan, K. Barr, V. Gray,  
V. Greenbank, C. Wardell,  
F. Goudy.

Absent: Z. Williams.





#### Grade IV

L-R:

C. Barras, D. Owen-Flood,  
E. Humphrey, H. Sutcliffe,  
S. Smith, C. Parris, G. Luna,  
S. Cavaye, J. Hanley.

D. Farlowe, G. Graeme,  
S. Williams, A. Kemble, K. Kerr,  
S. Roller, C. Gower.

Absent: S. Young.

#### Grade V

L-R:

M. Martin, H. Logan, T. Crofton,  
S. Wallis, S. Ostensoe,  
D. Gourley, L. Bailey,  
M. Hughes, T. Gibson,  
A. Charbonneau, E. Creighton,  
S. Abrioux, L. Quocksister,  
R. Meakes, J. Dancey, S. Smith,  
L. Woodwark, P. Bavington.

Absent: L. Bate, E. Beirne,  
C. Heard, R. Stewart, S. Yonge.



#### Grade VI

L-R:

S. Walker, P. Tibbetts,  
H. Fletcher, K. Gibson,

Z. Cavadas,

M. Frey, B. Jenkins, P. Jackson,  
S. Kemble, S. Macintosh,  
C. Greenwood, S. McIlree,  
A. Schwartz, D. McNaughton,  
E. Egoan.

Absent: S. Fife, C. Pledger,  
J. Hall, C. Tregear, T. Rasmussen,  
L. Madill.







### Grade Vll

L-R:

K.Hartwig, S.Crofton, S.Goult,  
K. Bokor, S.Kemble, J. Hill,  
L. Marsden, P.Dorrington,  
C. Waldmann, A. Gregory,  
J. Vickers, C. Chaisson,  
M. Baylis.

E. Fox, V. Horner, S. Harvey,  
J. Bateman, W. Karwowski,  
W. Bricker, M. Couvelier,  
A. Moat, C. Coe, K. Olson,  
A. Levi.

### Grade Vlll-M

L-R:

G. Murray, C.Hambleton,  
S. Jones, B. Bulling, L.Davis,  
D. McLean.

K. McGuirk, A. Tisot, F. Valji,  
P. Osborne, J. Harvey, R.Farley,  
C. Fisher, J. Wilkinson,  
L. Doyle, J. Gibson, S. Tregear.



### Grade Vlll-L

L-R:

M.Paget, A. Skinner, S.Cameron,  
S. Heard.

R. Mansfield, H. Wallis, R.Hamdi,  
S. Philbrook.

P. Wasylynko, C. Gourley,  
C. Locke, C. Hitchmough,  
C. Hanson, A. Moore, J. Gibson,  
L. Bushnell, E. Moulden, H.Wells.





### Grade 1X

L-R:

C. McAlpine, L. Moreau,  
J. Wilkinson, A. Past,  
A. Gladwell, U. Peavy, B. Taaffe,  
L-M Greene.

P. Woodward, J. McLeod,  
S. Cupples, J. McDowall,  
Z. Walker, D. Bains, S. Fisher,  
C. Johnston, B. Marriott,  
D. Nelson, A. Thomas.

Absent: J. Kokkelink

### Grade X

L-R:

A. Paine, A. Hitchmough,  
P. Gleeson, C. Tait, J. Worrall,  
J. Tarrant, K. Hambleton.

C. Hay, C. Higgin, K. Woods,  
C. Dalziel, C. Vickers, B. Penn,  
M. Crofton, A. Doyle,  
L. Donaldson, I. Recalma,  
L. Hole, M. Dennett.



### Grade XI

L-R:

D. Graeme, A. Allen, C. Woods,  
C. Wright, A. Dufleit, D. Page,  
B. Bricker, S. Horner.

M.A. Wiggins, T. Rayfuse,  
K. Molloy, J. Lam, A. Newberry,  
C. Pollock, B. Li.

Absent: K. Pollen, J. Greenwood,  
S. Walford, G. Harris,  
H. Nicholson.







# *Clubs*







### CAISTER HOUSE REPORT

Motto: "Caister men never turn back".

Captain:	Elizabeth Arnott
Vice-Captain:	Alixie Allen
Secretary:	Briony Penn
Junior Captain:	Sandra Cameron

It has been a great honour to be Caister's House Captain this year. I find as one gets older that one appreciates to a greater extent the values learnt concerning responsibility, loyalty, honesty to others as well as oneself, dedication and fairness. This year I have tightened my grasp on these values, and I have you all to thank for making this possible. I only hope that, being the other members of Caister House, you too have learnt something from your enthusiastic participation in not only the House events, but also from taking part in events concerning the school as a whole.

Several names stand out in my mind of those who have made the House such a success during the course of the year. My appreciation to Alixie Allen, the Vice-Captain, and Sandra Cameron, the Junior House Captain, is unlimited. I also extend my gratitude to Alison Paine for her advice and support and to Kirsten Olsen whose enthusiasm is irrepressible.

In closing I would like to write a small verse that comes to mind.

I know this note is short and sweet,  
 Being Caister's Captain has been a treat.  
 Long live the House Spirit and echo the cheer,  
 Good luck to the girl who's House Captain next year.

Its been fun, and it will always be worth it.



### DEREHAM HOUSE REPORT

Motto: "United We Stand"

House Captain:	Cary Humphrey
Vice-Captain:	Kathy Pollen
Secretary:	Nina Bland
Junior Captain:	Carolyn Simpson

It has been an honour being Dereham's House Captain. This year, at times, I wondered whether I was doing the best I could for the House. But with the faithful support of Jocelyn Graeme, Kathy Pollen and Carolyn Simpson, Dereham has had a successful year. House spirit was most evident in House sports and other competitions, not only in Dereham, but also in the other Houses. I would like to extend my gratitude to Miss Flynn for her Helpfulness.

Thank you for your participation: I have enjoyed being Dereham's House Captain.

*CARY HUMPHREY.*





### WALSINGHAM HOUSE REPORT

Motto: "Never Dispair"

House Captain:	Catriona Baldwin
Vice-Captain:	Sue Horner
Secretary:	Janice Tregear
Junior Captain:	Cindy Locke

Walsingham started the school year with nothing to lose and everything to gain, and gain they did. Everyone worked so hard and with so much House Spirit it has just been great.

The Juniors, thanks to Cindy Locke, my ever-faithful Junior Captain, who organized the teams, did a fantastic job. They have won practically every game they have played. The Seniors, although fewer in number, have been just as enthusiastic and have gained the same recognition for the House. These successes could not have been achieved without the hard work of Sue Horner, Janice Tregear and many others. My thanks go to Miss Flynn, Miss Boyd and Mrs. Ward for spending so much of their time organizing and directing the House games.

Members of Walsingham - keep up the good work next year and the years to come. Remember, "Nothing great was ever achieved without enthusiasm" - Emerson.



#### WYMONDHAM HOUSE REPORT

Motto: "Keep our Gold the Brightest, the Surest and the Purest"

House Captain:	Carol Jones
Vice-Captain:	Debbie Page
Secretary:	Kelly Woods
Junior Captain:	Heather Wallis

As the Captain of Wymondham, I found that the two things most required by me were time and responsibility. The House Captain is responsible to see that there is a team for each activity, that the people show up, and that you are there to support your team. The Captain also has to find spare time to bake goodies for their deserving House members!!

Although we lost our Junior Captain, Hulda Towns, at Christmas, Heather Wallis took over and did an excellent job. We did well in everything but particularly junior volleyball, junior and senior cricket, and basketball. We were lucky enough to have two of the top debaters, Debbie Page and Cathy Woods, which brought us several points. All the events aren't over and I am sure Wymondham will fight through them all with rewarding results.

I would like to thank Debbie Page, Kathy Woods, Kelly Woods, Alison Gladwell and Heather Wallis for their great spirit and support for their House.

Particular thanks go to Miss Flynn, who did a terrific job arranging House sports and coming to the events to see that everything went smoothly.

Thanks, again, Wymondham! Keep up the House Spirit and good luck in the future!

*Carol Jones*





### SOCIAL SERVICE REPRESENTATIVES

L-R: D. Graeme,  
A. Newberry,  
M. Crofton, A. Past,  
Mrs. Morris.

### LIBRARY COMMITTEE



L-R: Back: A. Doyle, Z. Walker, M. Dennett, L. Donaldson,  
F. Valji, K. Molloy, R. Hamdi, C. Pollock.  
3rd Row: L. Bushnell, H. Wallis, J. Gibson.  
2nd Row: A. Newberry, D. Bains, C. Hay, Mrs. Williams  
Mrs. McCormack. Front: L. Doyle, S. Jones, S. Tregear, J. Harvey,  
L. Davis, D. McLean.

## LIBRARY COMMITTEE

Head - Alison Newberry

Typists:

Mrs. McCormack  
Darshan Bains

### Grade X

Janice Tregear  
Andrea Doyle  
Mary Dennett  
Lorna Donaldson  
Cheryl Hay

### Grade XI

Cathy Pollock  
Kathy Molloy  
  
Grade 1X  
Zoe Walker  
Jan McLeod

### Grade VIII:

Dawn McLean  
Rhiannon Hamdi  
Heather Wallis  
Sandra Tregear  
Lisa Doyle  
Susan Jones  
Louisa Bushnell

Frieda Valji  
Kelly McGuirk  
Janet Harvey  
Linda Davis  
Patricia Osborne  
Jackie Gibson

The circulation department of the Library has been run by the students with the help of Mrs. Williams.

Thanks to the generosity of the parents and friends of the School at the Library Sale, we are in the happy position of having some very beautiful new books to add to the shelves. Wendy Williams, an old girl (1974) has designed a bookplate and inscribed all the books with the names of the donors.

Mrs. McCormack has also undertaken the cataloguing of the non-fiction, which entails much cross indexing and time. Unfortunately, the casual attitude of some students in handling the books is increasing this work.

Dawn McLean, Jan McLeod, Cathy Pollock and Kathy Molloy should all be given a special thank-you for coming in during lunch hours and helping keep the library in order.

Thank you for all your help.

*alison*

## SOCIAL SERVICE EXECUTIVES

President - Alison Newberry  
Vice-President - Diana Graeme  
Secretary - Marietta Crofton  
Treasurer - Angela Past

## SOCIAL SERVICE REPORT

This year got off to a really great start with "Greaser Day". It was readily accepted and enjoyed by all participants while donating \$40.00 to our evergrowing bank account. The usual Christmas activities were undertaken, for example, hampers. With the help of the School, especially Grade XI and their delightful decorations and the crocheting club and their vests, three hampers were sent out to needy families in the Victoria area. UNICEF cards and Arbutus Crafts cards were sold again this year. Grade VII, under the leadership of Alisa Levi, gathered together a hockey team, and went to entertain the people at Glengarry Hospital. A group of volunteers visited, fed and entertained the patients at Mt. Tolmie Hospital. Led by Briony Penn, recycling boxes were set up in classrooms gathering stray paper to be packaged and recycled. This has been a very successful year and I would like to thank all involved.

*alison*





## DEBATING

L-R: Back:  
C.Woods, B.Penn,  
T.Rayfuse,  
A.Allen,  
K.Hambleton,  
K.Woods.  
Front:  
M.Crofton,  
C.Vickers,  
A.Paine,  
L.Arnott,  
D.Page,  
C.Tait,  
A.Doyle.  
**Absent:**  
G.Wilkinson,  
L.M.Greene,  
D.Bains.

## DEBATING REPORT

This year debating has had more support than in previous years. The enthusiasm was wonderful and debating skill excellent. We participated in the Ravenhurst Debate (held in Nanaimo) for the first time in quite a while, and did very well. Cathy Woods won a trophy for the best Negative Senior, which earned her a trip to Regina for the Western Canadian Debating Seminar. In January, Norfolk challenged Parklands School to debate the resolution "Canada is justified in retaliating to the United State's Resource Energy cut back". Parklands Negative team won, but it was very close. On February 22nd, Norfolk sent two senior and two junior teams to the Newman/Fisa Cup Debate, being held at St. George's in Vancouver. All the teams did extremely well, the combined senior team of Debbie Page and Cathy Woods winning both of their debates. Cathy also came third out of the senior speakers. The resolution for the juniors was "That the North American standard of living is contributing to a world-wide food and energy shortage". The senior resolution was "That man is a slave of his own inventions". The B.C. Championships were held at St. Michael's University School on March 8th, the first time an independent school, as well as an island one, has hosted this event.

Congratulations for an excellent year of debating are in order for all the debaters.

*Cathy*



# *Sports*



## FIRST XI HOCKEY

<u>Sue Horner:</u> <u>(GK)</u>	Sue can have her good and her bad days - when she has a good day, she is superb, but we'll not mention the rest!
<u>Angela Paine:</u> <u>(RB)</u>	Angela improved a great deal as the season went on, making her a good, steady player. Watch the charging!
<u>Jennifer Worrall:</u> <u>(LB)</u>	Moved to a back this season, Jenny settled down to be a player with good stick work and a really hard hit - "when she remembered!!"
<u>Alixé Allen:</u> <u>(RH)</u>	Wild in her play at the beginning of the season, with sticks flying everywhere, who would have believed Alixé would have become a real asset to the team, except when .....
<u>Jennifer Bland:</u> <u>(CH)</u>	Steady, reliable player, always keeping her cool when the pressure was on. Jenny - it's a hard thing to play with any sister!
<u>Carole Tait:</u> <u>(LH)</u>	The fiery, determined player of the team - looking as if she was going to win the tackle - and usually did. Carole has improved immensely throughout the year and is good to have with you, rather than against you. The R.H. who scores from the L.W. position.
<u>Briony Penn:</u> <u>(RW)</u>	"The Lone Winger" - can move with the ball when given the opportunity - but needs to practice those crosses! Good prospect for next year.
<u>Mary Ann Wiggins:</u> <u>(RI)</u>	Master of the right hand dodge, but could use a few different tricks. Good player in the forward line, getting the results, but, oh, those misses!!
<u>Ticki Ruthven:</u> <u>(CF)</u>	Captain of the team - Ticki worked hard to get the team together - organizing everything and everyone! She was an excellent captain on the field - when she didn't go walk-about!!
<u>Nina Bland:</u> <u>(LI)</u>	Keep them goals pouring in! Nina, the league's top goal scorer, always managed to pop one in, when we most needed it!
<u>Kathy Pollen:</u> <u>(LW)</u>	Unruffled player who began to master reverse sticks which will stand her in good stead next season.
<u>Lynda-Mary Greene:</u>	When she put "her work to practice" a good hockey player, shows a lot of potential for next year.
<u>Joanna Greenwood:</u>	What would the team do without a sense of humour! Joanna shows potential for next season, when I hope she has learned to stop the ball first! (for the sake of the opposition).
<u>Andrée Dufleit:</u> <u>Manager</u>	There when needed and carried out her duties as manager well. Did you ever get that photograph?

Margaret Flynn





## HOCKEY

L-R

Back: L-M. Greene,  
A. Paine, K. Pollen  
B. Penn,  
J. Greenwood,  
A. Allen,  
A. Duffleit  
(Manager)  
Miss Flynn  
S. Horner  
Front: J. Bland,  
M.A. Wiggins,  
T. Ruthven,  
N. Bland,  
J. Worrall,  
C. Tait.

## HOCKEY

Although the team was young in years, they began to play with great maturity as the season went on. Until we met Oak Bay, we were undefeated and sharing the top of the league. The day we played "our rivals", was atrocious, weather-wise, in fact, it was the first rain we had seen for days, and it poured down. Unfortunately, we lost to Oak Bay, but not without a fight. The great support from the rest of the School, both pupils and staff, really encouraged the team, but, unfortunately, Norfolk just could not match the excellent stickwork and team play of our opponents. Incidentally, Oak Bay went on to win the league and the Island Tournaments.

As we played more games, the fact that the team were working together, and not as individuals, was becoming more obvious. This was giving us good results, play-wise, showing that hockey is a team game.

It is hard to pick out anyone specific in the team as the "star" player, because everyone began to play with much more maturity and thoughtfulness. A mention must go to Nina Bland, who was our top scorer and also led the way in the league. However, we must not forget the rest of the team who made those goals possible. For the majority of the team, this was their first season in senior hockey - they were a bit shaky at first, but once they had played a few games and gained confidence in themselves, and their team-mates, they were beginning to become really good hockey players at the end of the season.

Most of the team should be back next year, and then we will have the experience and confidence to do even better. Roll on next year!

Margaret F. Flynn.

### GYM COMPETITION 1974

Last year, the Gym Competition was held on June 18th, with Mrs. John as the judge. Each House provided two girls from Grades V - 1X inclusive. The competition was very good, each group doing an exercise on a square mat and an exercise on a long mat. All the competitors worked very hard on the preceeding days of the competition and provided very good entertainment for all the school.

The results were:

1. Caister
2. Dereham
3. Walsingham
4. Wymondham

Individual Standings:

1. C. Simpson and H. Wells
2. B. Penn and A. Paine

Colours were awarded to:

B. Penn



### TENNIS 1974

N.H.S. hosted (with St. Margaret's) the Independent Schools' Tennis Tournament on Saturday, May 25th. Each school entered a Junior couple, Senior couple and an Open Singles player. Because tournaments, these days, include pro sets and tie breakers, we included this in our tournament. Again, the same three schools were in competition for first place: Crofton House, Queen Margaret's and Norfolk House. We were fortunate in having Nina and Jennifer Bland on our team, both of whom are excellent players locally. Norfolk finished the day on top, with Crofton and Queen Margaret's tying for second place.

Colours were awarded to Nina Bland.

### JUNIOR BRIDGMAN 1974

In the spring term of 1974, about twenty-five girls from Grades Vlll and 1X were practicing for the annual Junior Bridgman Cup. It was held at the University of Victoria on April 20th. In our section, we came first, which meant we went on to play Oak Bay in the semi-finals. At the end of full time, the score was 1-1; after overtime, the score remained the same; but Oak Bay went on to the finals, with one more corner, against Lansdowne. This game ended in a tie and the cup was shared. The team deserves congratulations for the hard work before and during the tournament, and for their great sportsmanship.

The team was as follows:

N. Bland, V. Crofton, K. Hambleton, J. Robertson, K. Earl, J. Bland, B. Penn, C. Tait, L-M. Greene, C. McAlpine, U. Peavy, J. Worrall, M. Crofton.





## SWIMMING

L-R

Back: Miss Boyd,  
C. Wright, C. Hanson  
B. Penn, B. Bricker,  
C. Johnston,  
L. Moreau,  
B. Bulling,  
J. Gibson, S. Heard

Front: S. Horner,  
C. Gourley,  
H. Towns,  
K. McGuirk,  
W. Bricker,  
C. Waldmann.

## SENIOR HIGH SWIMMING '74

In swimming this year, the team did extremely well. Most of our competitors were girls from Grades VIII, IX and X, but in the Victoria High Meet, November 7th, combined with S.M.U., we came fifth. Briony Penn made a record in the 50 metre backstroke.

In the Island Swim Meet, November 14th, we did very well, finishing third. This gave six people the chance to swim in the "B.C.'s", November 29th and 30th. These people were Cynthia Wright, Sara Heard, Caroline Gourley, Susan Horner, all swimming in a relay and Birgit Bulling and Briony Penn swimming in a mixed relay with St. Michael's.

## SENIOR HOUSE HOCKEY

This year, senior House hockey was played in the gym with five players on each side. The games were played between November 20th and December 11th, consisting of two ten minute periods and two five minute periods. The results were as follows:

1. Walsingham
2. Wymondham
3. Caister
4. Dereham



## VOLLEYBALL

Back: C. Humphrey,  
M. A. Wiggins,  
J. Dalziel,  
L. Dixon, U. Peavy,  
Miss Flynn.

Front: J. Bland,  
P. Ruthven,  
J. Jones,  
N. Bland.

## VOLLEYBALL '74

This year the School, for the first time, entered volleyball competition. We sent a team to the Mount Newton Invitational Tournament on November 26th. This was the first time the team had played together and there were only three regular team members present. Although we lost all our games, we got progressively better as the days went on. The scores were:

N.H.S. versus Mount Newton	(15-6), (15-7)
N.H.S. versus Shoreline	(15-12) (15-13)

The team played three other practice matches in the year, including one against St. Margaret's, of which we won all three games - 15-6; 15-7; 15-8.

On December 4th, we played against Queen Margaret's School. We lost the first game - 15-13, but came back strongly and won the next two - 15-6 and 15-3.

Finally, we played Strathcona Lodge, but luck was not with us and we lost both games 15-6.

## SENIOR VOLLEYBALL TEAM AGAINST STAFF

The staff challenged the volleyball team to a match which was played during lunch hour on December 17th. The staff decked in their orderly (?) uniforms managed to win 21-6, 15-10, 20-22. (We will not mention the 12 point lead they were given in each game).



## WESTERN CANADIAN INDEPENDENT SCHOOLS' VOLLEYBALL TOURNAMENT

The Volleyball Team, captained by Carol Jones, arrived at York House in the early evening of December 6th. Each girl was assigned a billet arranged by Crofton House. The next morning, we started play, beginning with Crofton House, to whom we lost both games. We played next the Convent of the Sacred Heart, once again losing both games, but only by a few points. After lunch, we beat St. Margaret's in both games, which prepared us to play Strathcona-Tweedsmuir, the defending champions. We won one game and lost one. This put us fourth in our section.

The next day, December 8th, we played York House. After playing very well, leading a few times, we were defeated. This placed us sixth in the Tournament, a very good place for a first year team. In the end, York House beat Strathcona-Tweedsmuir for the title of the Third Annual Tournament.

Nina and Jennifer Bland won the most Valuable Players Awards for our team.

## HOCKEY

This year, the First XI, captained by Ticki Ruthven, did very well, tying for second place in the Victoria High School League. We ventured on to the Island Tournament, October 25th-26th. We started out slowly, losing to Brentwood College, although we got right back and beat Courtney 5-0. This placed us in the Consolation Robin, which we won by beating Queen Margaret's School 2-0 and Dunsmuir 1-0, thereby earning the right to challenge Mount Doug for third and final place and to travel to the B.C. Championships. After a hard-fought game, Mount Doug. scored on us in the last two minutes. Sue Horn played a beautiful game in goal, stopping a penalty bully against us. It was no great shame losing to Mount Doug., who went on to come second in the B.C. Finals.

Placings:	1. Oak Bay	3. Mount Doug.
	2. Cowichan	4. Norfolk House

Our leading goal scorers were Nina Bland, Ticki Ruthven and Mary Ann Wiggins. The season record was 14 wins and two losses; 49 goals for and only 10 against.

We would like to thank Miss Flynn, our worthy coach, Miss Boyd, who umpired all our games, and Mrs. Ward, who was at every game to cheer us on

Once again, the brave First XI faced the rugby team from S.M.U. in hockey. It was a hard fought game and only just won by S.M.U. with an overtime goal. "We'll get you next year, fair and square!"



#### BASKETBALL

L-R: Back: Miss Flynn (Coach), C.Jones, A.Allen, J.Greenwood,  
C.Wright, A. Doyle, S.Horner (Manager).  
Front: B.Penn, C.Tait, T.Ruthven, E.Arnott, M.A.Wiggins, L.Dixon.

#### BASKETBALL

We did everything extremely well in our games this year, considering we had only two returning girls (Joanna and Ticki, our captain).

We entered the Victoria High Schools' "B" League for our fourth year. Our win against Belmont, in our first game, gave us a great boost for the for the season. Unfortunately, we lost the next few games, but our spirit never tired. We came alive in the second half of the season to finish with six wins and five losses. Included in these victories and defeats were two Overman games with St. Margaret's. St. Margaret's won the first game, but we bounced back to win the second.

Our two top basket-scorers this year were Liz Arnott and Ticki Ruthven. They were closely followed by Mary Ann Wiggins and Carol Jones.



## BASKETBALL TEAM

We began the season with a "bunch" of so-called players. With the exception of our captain, Ticki, Mary Ann and Joanna, not many of the team had played much before. On the scene came many interesting characters - leaping Liz, who made up for everything with her enthusiasm; the ever quiet Lynne and the red-haired terror; to mention but a few. As we played more games and things began to click, even when some people were "too tired", Ticki, Mary Ann and Joanna were the main stay of the team in the early days, managing to pop them in. Unfortunately, Alixe suffered a knee injury just when she was fitting into things. We mustn't forget Andrea, who didn't say much, but was a vital team member. Half-way through the league, Angela joined the school and on her first day showed signs of being a basketball player and was signed up with great speed. Briony, Carole and Cynthia were always there too, when needed, and show promise for next year.

We have had mixed results in our games, but perhaps our greatest moment of glory was when we defeated St. Margaret's - the first time in many years.

The leading scorer was Ticki, followed by Mary Ann, with Joanna, and the rest of the team getting a few more as the season went on - and they learnt where the ring was!!

Thanks to Sue, who carried out her duties as Team Manager most efficiently, even with a cast on her arm.

Good luck to Ticki, Liz, Carole and Lynne, who will be leaving at the end of the year.

Margaret Flynn.

## INDEPENDENT SCHOOLS' BASKETBALL TOURNAMENT

This year, the Independent Schools' Basketball Tournament was hosted jointly by Strathcona Lodge and Queen Margaret's Schools. All the games were played in Queen Margaret's new gym. Although we did not do extremely well, our spirit and enthusiasm was incredible. Norfolk placed fourth in the overall standings. Congratulations to York House for a well deserved win, and to Elaine Fisher of St. Margaret's, who won the most valuable player of the Tournament.

A very special thanks must go to Miss Flynn, who never gave up her faith in us, even when the going got tough.

CALENDAR OF EVENTS APRIL 1974 - MARCH 1975.

April 18 - June 21:	Canada Fitness Tests
April 20:	Junior Bridgman
May 15:	Festival of Sports (Hockey weekend)
May 21,22,24:	Junior High Track Meet
May 25:	Independent Schools Tennis Tournament
May 30 - June 6:	Overman Tennis Matches
June 1:	Independent Schools Track Meet
June 7:	Sports Day
June 18:	House Gym Competition and Senior Tennis Tournament
June 19:	Staff-Grad Baseball Game and Junior Tennis Tournament
June 20:	Junior Gym Display
June 21:	Finals School Tennis Tournament
Sept.17:	Start of High School Hockey League
Sept.24 - Nov.21:	Hockey Overman Game
Oct. 18:	Hockey Game vs S.M.U.
Oct. 20:	Junior Hockey Teams travel to West Vancouver
Oct. 22:	End of High School Hockey League
Oct. 25 - 26:	Vancouver Island Hockey Tournament
Oct. 28:	Hockey Team plays Burnaby South
Nov. 7:	Greater Victoria High School Swim Meet
Nov. 14:	Vancouver Island Swim Meet
Nov. 20:	Start of Senior House Hockey
Nov. 22:	Volleyball vs S.M.S.
Nov. 26:	Mt. Newton Volleyball Tournament
Nov. 29 - 30:	B.C. Swim Meet
December 4:	Volleyball vs Q.M.S. and Strathcona
December 5:	Beginning of Badminton League
December 6,7,8:	Western Canadian Independent Volleyball
December 14:	All-schools Relay Swim Meet
December 17:	Staff vs Volleyball Team
January 14:	Start of Basketball "B" Division League
January 20 - 23:	Start of all House Basketball, Volleyball, Cricket
January 21 - Feb. 10:	Overman Basketball Game
February 1:	Independent Schools Badminton Tournament
February 28:	Independent Basketball Tournament
March 3:	End of Basketball League
March 8:	End of all House Sports





# SPORTS DAY 1974

80 Metres:		Elementary Soft Ball	- K. Olson
Grade 1 & 2	- K. Barr	Slow Bicycle Race	- A. Allen
Grade 3	- D. Owen-Flood	Long Jump:	
Grade 4	- M. Martin	Elementary	- L. Marsden
Grade 5	- S. Kemble	Junior	- J. Bland
100 Metres:		Intermediate	- N. Bland
Grade 6	- S. Crofton	Senior	- J. Shepherd
Grade 7	- S. Philbrook	High Jump:	
Elementary	- L. Marsden	Elementary	- Marsden/Kemb
Junior	- I. Hunt	Junior	- H. Towns *
Inter.	- K. Pollen	Intermediate	- M. Garden
Senior	- J. Shepherd	Senior	- L.A. Browning
200 Metres:		Shotput:	
Elementary	- L. Marsden	Junior	- T. Lambe *
Junior	- I. Hunt	Intermediate	- C. Wright
Inter.	- E. MacPherson	Senior	- G. Smith
Senior	- J. Shepherd	Javelin:	
400 Metres:		Junior	- K. Bunyan *
Junior	- L-M. Greene	Intermediate	- C. Wright *
Inter.	- K. Hambleton	Senior	- H. McIllree
Senior	- J. Ruthven	Discus:	
Junior Open 800	- C. McAlpine	Junior	- J. Bland *
Senior Open 800	- N. Bland	Intermediate	- N. Bland
Hurdles:		Senior	- J. Shepherd
Junior	- C. Simpson	Relays:	
Inter.	- N. Bland *	Fast Bike	- Dereham
Senior	- S. Houston *	Shuttle	- Wymondham
Three Legged Race:		Open Obstacle	- Caister
Grade 1 & 2	- Creek/Mathers	4 x 100 Metres:	
Grade 3	- Malin/Hvozanski	Junior	- Caister
Grade 4	- Martin/Quocksister	Intermediate	- Dereham *
Grade 5	- Kemble/Gibson	Senior	- Walsingha
Egg 'n Spoon:		Squadron	- Caister
Grade 3	- C. Parris	Awards:	
Grade 4	- Crofton/Martin	Junior House Sports	- Dereham
Grade 5	- S. Kemble	Aggregate:	
Sack Race:		Junior	- P. Woodwark
Grade 1 & 2	- Creek/Gammon	Intermediate	- N. Bland
Grade 3 & 4	- T. Crofton	Senior	- J. Shepherd
Grade 5 & 6	- C. Greenwood		
Open:	- S. Horner		

House Cup for Total Points: Caister

\* Indicates a new record has been set

# Autographs





# *Literary*



This is a story.  
The cat chased the rabbit.  
The cat was sorry,  
Then he forgot

Grade 1



My rabbit is white. He has a pink nose.  
He eats carrots. He hops and blinks.  
His nose wiggles. He has big ears and a fluffy tail.  
His name is Peter Tania.

Grade 1

I bought a little bunny,  
Which didn't cost much money.  
She is white and very funny,  
And she runs in quite a hurry.

Sally Smith  
Grade 4

### Autumn

I go sailing  
on the lake,  
With golden leaves  
floating on the water,  
And lily pads blooming.

Charlotte Heard  
Grade 5

### Autumn

In autumn the pretty leaves fall all colours,  
Red, orange, green, yellow, brown.

I like to watch the pretty coloured leaves  
flutter to the ground.

### Mr. Cat and Miss Pussy

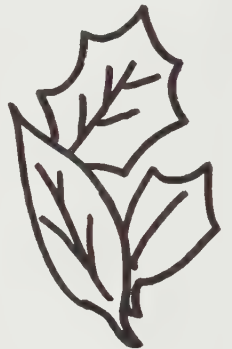
Little Miss Pussy  
Asked Mr. Cat,  
Please won't you buy me  
A nice little hat?

Mr. Cat got it.  
Mr. Cat bought it.

Then I go out with a friend and we  
try to catch the leaves so merrily.

Autumn is my favourite time of year.

Sylvie Abrioux  
Grade 5



Little Miss Pussy  
Asked for some shoes,  
Those are really something  
I could use.

Mr. Cat got some.  
Mr. Cat bought some.



Little Miss Pussy  
Asked for a fish,  
Please won't you grant  
My little wish?

Mr. Cat got it.  
Mr. Cat bought it.

Little Miss Pussy  
Never asks again,  
Because she is happy,  
And this is the end.

### Kittens

Kittens are soft and covered with fur,  
When they're mad they growl, when they're glad they purr,  
They look so cute and soft and cuddly,  
And when they go pee they make a little puddley.  
If I ever got a couple of kittens,  
One would be grey with two white mittens.  
The other one would be white with eyes that glow.  
The grey's name would be Mittens and the white's  
would be Snow.

Susan Walker  
Grade 6

Shauna Cavaye  
Grade 4



Once upon a time there lived a princess and a prince and a king and queen. One day the king wanted a baby and so he got one. Another day the king's baby wanted to go outside, but the king said no. After the baby had got older, the king let the baby go outside and so the baby went out. The baby's name was Tina.

### Leaves

Autumn comes once a year,  
Leaves fall there and leaves fall here,  
Dancing softly in the wind,  
Softly falling to the ground,  
Not to make a single sound.

Dying one by one.  
Children come out to play,  
Running in the leaves so gay,  
Jumping in, jumping all about,  
But still the leaves lie DEAD.

Bronwyn Jenkins  
Grade 6

### Nighttime

The brilliant moon,  
The star beside it.  
The crying loon,  
The quiet waters lit.

The darkened trees,  
The animals all asleep,  
The gentle breeze,  
Through the forest I creep.

Lisa Madill  
Grade 6

### Loneliness

They drew a circle  
And shut me out.  
I then drew my circle,  
But they did the same.  
My will had left me,  
I could do no more.

Anna Schwartz  
Grade 6



### I am a TURKEY

I am a turkey. My master was feeding me more than usual and I thought that he was being nice, but it was really my last day. In the evening my master came to put me in the barn because tomorrow he was going to pluck my feathers and cook me for Thanksgiving dinner. But when they had all gone to bed he had forgotten to close the barn window. I jumped as high as I could, flapped my wings, and I reached it. Then I said good-bye and ran down the road. I saw an old farmer. He was looking for a turkey and he ran after me. I pecked him so hard that he got a hole in his shoulder. He yelled and dropped me. I ran away and he ran into the house.

The End.

Jaycee  
Grade 2

Spider legs,  
Green eyes,  
Fat body,  
Hairy head.  
Then she

spins her web,  
And fights for  
her companionship.

Wendy Bricker  
Grade 7



### Water

The water goes rushing all over the beach,  
As the sun sets over the sky,  
The water looks like little horses  
With long swishy tails.  
The horses cry good-bye.

Shannon Smith  
Grade 5

### My Horse

Little Friskey is my horse,  
He is a funny fellow,  
His hair is sort of golden and  
His teeth are very yellow.

He never really cleans his teeth,  
I don't see why he should,  
But if you really want him to,  
I'm certain that he could.

Katherine Gibson  
Grade 6

Lilly Schwartz  
Grade 3

## The Chinese Dragon

One day when I was riding home,  
A dragon came upon the road,  
It had 36 legs with running shoes,  
And 21 spikes on his back.  
It growled at me,  
I don't know why  
All at a different time,  
It stared at me,  
It glared at me,  
With red and yellow eyes.  
Then off it went,  
With his tail bent  
And 36 running shoes.  
Then I went home,  
With an adventure to tell,  
About the dragon with 36 running shoes.



Eve Egoyan  
Grade 6



## Forest Fire

Forest fire starts from one little match  
Conquers down thirty odd trees  
Destroys the forest creatures, homes and lives,  
Destroys the flowers, birds and bees,  
Takes away the mountain homes,  
Destroys the children that play around,  
-That's why forest fire is a shame .....  
At least, I think it's a shame.  
Don't you?



## What is School?

School is where  
There are desks and chairs,  
Children on stairs  
Lining up in pairs.

There are big and small,  
Children so tall.  
You will learn to count,  
Maybe even mount  
a horse.

Children of all ages,  
Will soon be turning pages  
Sitting in a desk  
Trying to do their best.

Susan Kemble  
Grade 7



Laura Bailey  
Grade 5



## Sleep

Sleep never comes when you want it to  
You're lying in bed -  
Till the midnight hour  
Waiting.  
Looking at the darkness -  
Trying to see.

Suddenly morning comes,  
Sunlight peeping through the window  
Crying for you to get up;  
So you put your foot out of the bed,  
Then shivering and yawning -  
You get up the rest of the way.

Then the door opens  
And mother comes in,  
Asking how you slept -  
But what can you say?

Catherine Sloan  
Grade 7

## My Hamster

I have a little hamster  
That I love with all my might,  
He doesn't bite and doesn't squeal,  
And he dreams a lot at night.

Gillian Graeme  
Grade 4



## Hallowe'en

Hallowe'en's when witches fly,  
Scooting up and down the sky,  
Pumpkins and goblins stare and glare.  
Spirits zoom all through the air  
And the moon is bright  
On Hallowe'en night.

Jenny Hanley  
Grade 4

## Sunshine

Sunshine beams on the whole wide world,  
Good and bad and proud alike,  
Never a worry never a pain,  
As the sun beams down on Mike or Jane!

But when it looks on pirates gold,  
Plus murder, and theft, and pollution,  
It seems to frown and hide away,  
And won't be seen for the rest of the day.

Sunshine beams on the whole wide world,  
Good and bad and proud alike,  
But sometimes when it rains or snows,  
You know the sun is full of woes.

Celia Greenwood  
Grade 6





### TIME TO STAND AND STARE

There is .....and there is not .... time to stand and stare.

There is time to stand on the sparkling, wet, dewy grass of the early morning and stare at the wonders of the singing birds and the sweetly scented flowers waking up to a new day.

There is not time to stand in drought-stricken countries and stare at starving children - their stomachs large with hunger and their eyes large with fear and unknowing. To just stand and stare would be selfish. What these children need is care.

There is time to stand on the windswept shores of the blue-green sea and watch the waters crashing, breaking and spraying over the rocks. Their rolling journey from the open sea is complete and they can find time to stand in little pools between the rocks and stare at the scuttling crabs and the bright seaweed which they surround.

There is not time to stand in a classroom and stare at a child struggling with work he cannot comprehend. There is not time to stand and stare at this child that is failing and feeling himself a failure. To do this would be unfair. What this child needs is help.

There is time to stand in the cool shade cast by old, weathered apple trees in an old, weathered orchard, and stare at the bright red apples amidst the sun-speckled leaves.

There is not time to stand in the bloody mud of a battlefield and stare at men hating, fighting, killing, and destroying one another and their own civilizations. To stand and stare would be inhuman. What these men need is understanding.

There is time to stand under the soft, dark sky of night and stare at the twinkling, silver stars above. There is time for the stars to stand in the velvet night and watch the sleeping world below.

There is not time to stand in the stinking halls of a prison or institution and stare at the miserable occupants, turning into vegetables, in their dirty cells or bare inhuman rooms. To do this would be a crime. What these people need is love.

There is .....and there is not .... time to stand and stare.

Cheryl Lynn Vickers  
Grade 10



## The Hunt

Slowly;  
as the moonlight crept mysteriously into a small  
grove of moss covered oaks .....

The owl awoke from a deep slumber.  
He blinked his huge gray eyes and swivelled his head  
unnaturally

Gracefully unfolding his powerful wings,  
The owl rose flying into the endless black beyond.

Over a field - to the middle he flew.  
A thrashing was heard, a screech;  
then nothing.

Majestically, a triumphant owl arose  
With blood on its beak and claws full of flesh.  
A field mouse was dead,  
And hunger had subsided.

Heather Wallis  
Grade 8



## I Was Once an N.H.S. Girl

When I look back on my schoolgirl days,  
I remember my childish and foolish ways.  
I recall being dressed in a starched white shirt,  
By the time I got home I was covered in dirt.

I wore black leather shoes with the laces untied,  
I was warned that I'd trip but that I denied.  
My legs were all muddy, my socks at half mast,  
Oh, how I dread to look back on the past.

My tie was in place at the start of the day,  
But by recess or lunch hour it wandered away.  
Hung from my shoulders was a green V-necked sweater,  
Which compared to a blazer, I liked a lot better.

The pieces of clothing I've not yet discussed,  
Were in perfect condition I know you will trust,  
For I cannot remember even two incidents,  
Except that my skirt caught a barb wire fence.

As I lie in my chair which rocks back and forth,  
My eyes stare round the room and settle at north,  
Even though I've been critical, I must confess  
The green badge on the mantel reads N.H.S.

Nina Bland  
Grade 10





## A New Girl's Ode to the Class

Dear Class, I am new today,  
You are old and set in way.  
You know the teachers and their rules,  
But I know nothing, I'm more a fool  
I am lost and ill at ease,  
Yet you don't help me - only tease.  
You whisper insults 'hind my back,  
"Oh, what a prim, and probably slack".  
You've known me less than twenty hours,  
(I even sent the teacher flowers)  
Yet already you've made me relate to the class  
That, quote, I was dumb and full of sass,  
Given me the old cold shoulder,  
Hid my books, my pen and folder,  
Put chalk on my seat and glue in my hair,  
You'd think I's a convict sent out from nowhere.  
Then, just as I thought I would never survive,  
I even threatened to take my own life,  
There on my desk was a note saying "Sorry,  
We of the class, Ann, Mane and Florrie,  
Isobel, Cathy, Sally and Sue,  
Would like to take this chance to say sorry to you."  
And then, from then on, there was peace in the class  
And we were all friends: So, new girls - alas -  
If you can suffer the first forty hours  
You'll do fine, (but don't bring teach' flowers!).



B. Penn

Grade 10

### Loneliness

Loneliness is the feeling  
That love is far away  
When the cold wind whistles  
And the trees begin to sway  
And tomorrow seems so distant  
That you wish it were today.

Nina Bland

Grade 10



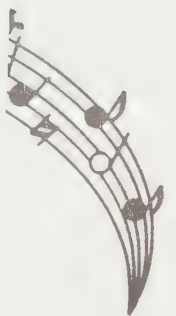
### I Sing All Day

Music plays inside of me;  
And tunes are in my head.  
From waking time each morning  
Until I go to bed.

Music makes me happy;  
And things cannot go wrong  
When I am filled with melody  
And sing my faith in song.

Frieda Valji

Grade 8M



### Dreams

Dreams are snakes passing,  
Darting quickly through the grass;  
Then gone, forgotten.

D. Page  
Grade 11

Something echoed as slowly it fell  
endlessly down.  
Someone cried out in the gathering gloom  
a mournful sound,  
The echo of the cry followed into eternity.

C. Woods  
Grade 11

## WHAT LAST YEAR'S GRADS ARE DOING

<u>Sharon Angus</u>	- Sharon is at the University of Victoria, majoring in Sciences.
<u>Leslie-Ann Browning</u>	- Attending University of Victoria, majoring in Sciences, and is on the B.C. Junior Hockey Team.
<u>Shui Len Chin</u>	- Studying in Eastern Canada.
<u>Abigail Day</u>	- At the University of British Columbia, majoring in English.
<u>Rebecca Frame</u>	- Attending University of Victoria, majoring in English.
<u>Jeannie Hopkins</u>	- Attending a Fashion Design School in Boston. She hopes to be a fashion buyer.
<u>Shelagh Houston</u>	- Working at the Royal London Wax Museum.
<u>Deirdre Johnston</u>	- Contemplating attending Art School in Calgary.
<u>Frances Jones</u>	- Attending Lester B. Pearson College of the Pacific after winning \$7,000 worth of scholarships.
<u>Tamar Levi</u>	- Tamar has joined a youth group in Israel, hoping to help to re-build the nation.
<u>Sandra McDonald</u>	- Sandra is a Dental Assistant in Prince Rupert.
<u>Teresa McGillivray</u>	- Working in Victoria.
<u>Heather McIllree</u>	- Attending U.B.C., majoring in Sciences, hoping to become a physiotherapist.
<u>Beverly McPhee</u>	- Touring Central and South America with her family.
<u>Andrea Nasmyth</u>	- Visiting Las Vegas.
<u>Sara Neely</u>	- Sara is majoring in Sciences at the University of Victoria. She also won the Austen-Leigh Award for the highest university entrance standing.
<u>Agnes Pi</u>	- Attending University of Western Ontario at London, Ontario.
<u>Dana Pollen</u>	- Presently attending the University of Victoria, but is planning to enter U.B.C. next year to take nursing courses.
<u>Nellie Poskitt</u>	- Enjoying her courses at Camosun. Helps out at Norfolk when time permits with the Library typing.
<u>Mary Robertson</u>	- Mary has moved back to her native Toronto.
<u>Elizabeth Waddington</u>	- Working in a restaurant as a waitress.
<u>Wendy Williams</u>	- Occasionally helps out with secretarial work at Norfolk and other various jobs around the city. She also designed the new bookplate for the library.
<u>Helen Wilson</u>	- Helen is majoring in Languages at the University of Victoria. She later hopes to major in Dramatic Arts in Ontario.



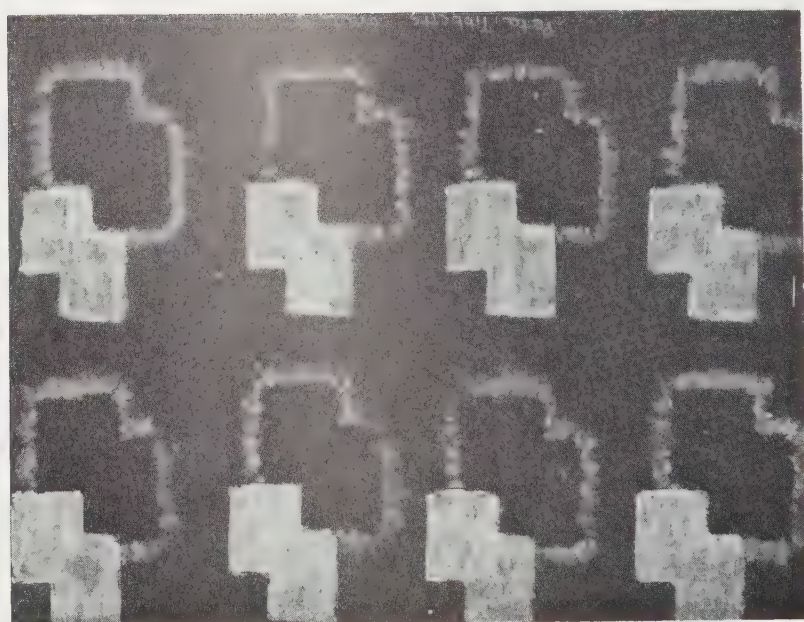
# Art



K. Pollen  
K. Pollen

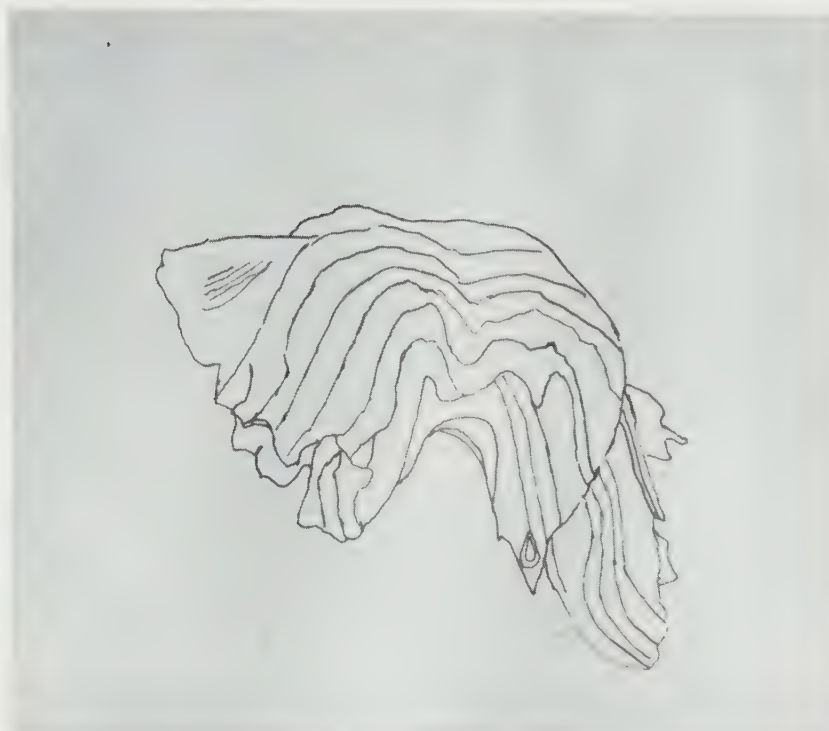


Grade V  
Craft



Grade VI - P. Tibbetts  
Textile Stencil





E. Egoyan Grade VI  
Ink Drawing



S. Crofton Grade VII  
Oil Pastel



R. Farley Grade Vlll  
Mixed Media



W. Karwowski Grade Vll  
Insect Design





K. McGuirk Grade VIII  
Creative Stitchery



S. Tregear Grade VIII  
Ink Design



V. Crofton Grade 1X  
Art History Project



C. Higgin Grade X  
Still Life





G. Wilkinson Grade 1X  
Contour Drawing



M. Crofton Grade X  
Ink Drawing



B. Gibbs Grade XI  
Acrylic Abstract Painting







# *Events*



### THE TALENT SHOW

Norfolk's annual talent show, held in June, was as popular as ever. The enthusiastic crowd enjoyed the hilarious skits and comedies, peppered with fine displays of unusual talent. School spirit was shown in its highest sense that day as students from all grades contributed to the gala event. The grand finale was a presentation of various awards to the teachers, all of whom were pleased with their prizes.

We thank everyone who helped make this show a success, and let's see this event continue with such enthusiasm in future years!

### OPEN HOUSE

On October 28th, the School had a very successful Open House. A nice selection of books was acquired from both Ivy and Munro Book Stores, many of which were purchased by parents for our school library. Many parents turned up and all members of the staff were there. The Open House lasted from 7:30 until 10:30. Coffee and cookies were served by some of the senior girls. It was a very enjoyable evening for everyone.

### GREASER DAY

It was certainly not an average Norfolk Assembly on Friday morning, October 12th, with staff and students alike clad in bobby socks, jean jackets and pony tails. Most had bought their ticket to dress-up, but those who didn't had to pay their penalty at Kangaroo Court. The Social Service Club made a grand total of \$40.00 and everybody had a good time. Hope to see worthwhile events like this in the future, combining charity and fun.







### ST. MICHAEL'S DANCE

On May 3rd, there was a dance at St. Michael's. It was a success, with the band "Earthbound" making their second appearance in the St. Michael's gym.

### GLENLYON DANCE

On May 10th, Glenlyon School put on a dance in their gym. The band was "Lafter" and it was an evening enjoyed by all.

### S.M.U. DANCE

The first dance of the year was held on October 19th. It was well attended by Grades X, XI and XII of Norfolk House, along with St. Michael's and St. Margaret's. Earth Bound was enjoyed by everyone.

### THE REHEARSAL

In April, 1974, some Grade X girls from Norfolk collaborated with Glenlyon Grade X's in a joint contribution to the Drama Festival entitled "The Rehearsal". It was about a group of high school students and uncanny happenings revolving around the play. This play was written and directed by Colin Skinner and proved immensely successful in the Festival. Three of the Glenlyon boys won best actor awards and Susan Horner won the best actress prize. Along with Susan Horner, the Norfolk cast included Susan Morrison, Joanna Greenwood, Stephanie Clark and Mary Garden.

### THE BAZAAR 1974

On April 27th, Norfolk held a very successful bazaar. Our profits rose to over \$4,000.00. There were games, puppet shows and various 'spend all your money' stalls, including, of course, 'The House of Norfolk'. You could stuff yourself at the yummy bake sale, the Grade XII's delicious luncheon. Our thanks go to all who participated in this most satisfying day.

### ART SHOW

Many parents and visitors showed up to see the Art Show held May 22nd, which was very successful. Art was on show during an Auxiliary Meeting that evening. In the Art Room, there was a variety of excellent claywork, weaving, batik and paintings, mainly from Grades 3 - 12. Excellent comments were made about the wide variety in pottery work.

## CHRISTMAS CONCERT

On December 16th the Annual Norfolk House Christmas Concert was held. Both afternoon and evening performances had full audiences of parents eager to see their children perform.

Grades 1 and 11 started off the programme with the singing of Christmas Bells and The Rocking Carol. Grades 11 and 1V then sang three songs - To Bethlehem I Will Go; Pat a Pan and Away in a Manger.

A play was next on the programme, "A Fabulous Tale". Grades 1X and X participated in this, Gina Wilkinson, a Grade 1X student, playing the lead role of a beggar.

Next on the agenda was the Wood Wind Group. Both beginners and more advanced students were heard from.

Another play was then presented. The cast consisted of all Grade V members and the play was called "Calling All Christmases".

The last part of the programme was the lovely singing of the Senior Ensemble. This consisted of girls from Grades VI to VIII. The songs sung were: Masters in this Hall; Welcome Thee Tonight; Shepherds Come from Fields and Pastures; Sleep, my Darling; Angels We have Heard on High; Ceylonese Carol; Glory in Excelsis.

It was a lovely show to complete the closing of the term.

## CONGRATULATIONS

To Kelly McGuirk whose "Word Play" appeared in the Victoria Times the second week in February.

Ping Pong

## LECTURE

On May 27th, Grades X and XI had a discussion with Chief Albany's wife, Mrs. Joyce Albany, on the - of today. It was very interesting and after her talk she answered all of our questions. On the whole, it was a very educational and worthwhile afternoon.

## CHRISTMAS HAMPERS

Again this year the School packed Christmas Hampers. It is one event that is carried out each year. We had a great amount of participation, and we found that we had enough food for three families. The hampers were delivered to the happy and grateful families on December 18th.

Thank you very much for doing your part in brightening up this Christmas for less fortunate families.



## NEWS

- Mrs. Thompson had a healthy baby boy, Reuben Bryn, January 1974.
- Mrs. Price also had a bouncing baby boy, Kevin, on September 25th.
- Kathy Woods was awarded the top senior negative speaker in the Ravenshurst Debate in Nanaimo in November, which qualified her to go as part of the B.C. team to Regina, Saskatchewan, for the Canadian-wide debate, where the B.C. team did extremely well.
- Talking about debating, a debating club has been organized and has an informal meeting at Norfolk every two weeks. The meetings are very important and valuable in expanding knowledges of techniques. I hope this club continues in the future.
- A point of interest to everyone is the fact that we have three Old Girls on the Norfolk House staff this year. Mrs. Penn (Bridgman), who has been teaching at Norfolk for four years, is an Old Girl, and Mrs. Ward (Poulton) and Miss Boyd who are new to Norfolk this year, are also Old Girls.
- Our congratulations to Mr. Leard, our Drama teacher, for his excellent performance as Sancho Panza in the Victoria Operatic Society's production of "The Man of La Mancha".

## THE HAMMARSKJOLD DEBATE

At the B.C. Championships, Norfolk did especially well. Cathy Woods won a trophy for Third Negative Senior, placed fourth overall, and won a scholarship to Simon Fraser University. Her position earned her a place on the B.C. Team for the National Debate Championships held in Yellowknife, May 4th to 11th. Cheryl Vickers placed seventh overall, and just missed making the team. The Junior and Senior teams won eight out of ten of their debates.



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SCHOOL CLOSING - FRIDAY, JUNE 21st, 1974

CERTIFICATES FOR PROFICIENCY:

Grade 1 .....	Nicola Creek	Grade VI .....	Cornelia Coe
	Blakeslee Humphrey	Grade VII .....	Heather Wallis
	Megan Jenkins		Birgit Bulling
	Christie Mathers		Kelly McGuirk
	Janet Rowe	Grade VIII.....	Lynda-Mary Greene
Grade 11 .....	Susanna Bexley		Gina Wilkinson
Grade 111.....	Jennifer Hanley	Grade 1X .....	Nina Bland
	Alison Kemble		Carole Tait
	Carla Luna		Briony Penn
	Catherine Parris		Kelly Woods
	Shauna Cavaye	Grade X .....	Patricia Rankin
Grade 1V .....	Sylvie Abrioux		Andrée Dufleit
	Laura Bailey		Susan Horner
	Erin Beirne	Grade XI .....	Nona Avren
	Tessa Crofton		Catriona Cupples
	Tracy Gibson		Gail Thompson
	Morag Martin		Jocelyn Graeme
	Rebekah Stewart	Grade XII.....	Mary Robertson
	Susan Wallis		Sara Neely
Grade V .....	Celia Greenwood		Leslie-Ann Browning
	Katherine Gibson		Nellie Poskitt
	Hilary Fletcher		

BOOK PRIZES

Grade 1	-	Academic Excellence .....	Christine Mathers
			Janet Rowe
Grade 11	-	Outstanding Improvement .....	Lynn Gammon
		Academic Excellence .....	Susanna Bexley
Grade 111	-	Outstanding Progress .....	Sheryl Williams
		Citizenship .....	Sharon Hvozdzanski
Grade 1V	-	Outstanding Progress .....	Tracy Gibson
		Academic Excellence .....	Rebekah Stewart
Grade V	-	Improvement Social Studies .....	Eve Egoyan
		Academic Excellence .....	Celia Greenwood
Grade VI	-	English .....	Cornelia Coe
		Social Studies .....	Elizabeth Dyson
Grade VII	-	Academic Excellence .....	Heather Wallis
		Science .....	Birgit Bulling
		Outstanding Improvement .....	Sandra Tregear
Grade VIII	-	Academic Excellence .....	Lynda-Mary Greene
		Mathematics .....	Jennifer Bland
Grade 1X	-	Academic Excellence .....	Nina Bland
			Carole Tait
		French .....	Briony Penn
			Carole Tait
		Outstanding Improvement .....	Angela Paine

Grade X	-	Academic Excellence .....	Patricia Rankin
		German (German Consulate) .....	Andrée Dufleit
Grade XI	-	Languages .....	Nona Avren
		Science and Math .....	Catriona Cupples
Grade XII	-	English Literature .....	Nellie Poskitt
		German .....	Helen Wilson
		Geography .....	Leslie-Ann Browning
		History .....	Dana Pollen
		French .....	Sara Neely
		Math .....	Mary Robertson
		Science - Dr. A.E. Trottier Prize .....	Leslie-Ann Browning
		Ceramic Design (Art) .....	Wendy Williams
			Deirdre Johnston
		Outstanding Progress in Academics .....	Agnes Pi

Junior Tennis Singles .....	Nina Bland
Junior Tennis Doubles .....	Damaris Mason Hurle
	Elizabeth McPherson
Senior Tennis Singles .....	Virginia Crofton
Senior Tennis Doubles .....	Nina Bland
	Jennifer Bland
Watton Cup - Achievement in P.E. in the Junior School .....	Susan Kemble
J. John Award for Progress and Sportsmanship .....	Carole Tait
E.S.W. Bridgman Cup for Junior Hockey .....	Briony Penn
Overman Trophy Competition - S.M.S. and N.H.S. ....	Norfolk House
Individual House Awards:	
Caister .....	Mary Ann Wiggins
Dereham .....	Kathy Pollen
Walsingham .....	Susan Horner
Wymondham .....	Terrie Dalziel
Grads of '63 Trophy .....	Cynthia McAlpine
House Singing Competition .....	Caister
Pooley Cup for Academic Honours .....	Dereham
Cock House Cup .....	Dereham
Henderson Cup for Drama .....	Abby Day
Charles Heisterman Cup .....	Lynne Dixon
The Prior Cup - To a member of Grade XII, not a prefect, who has given consistent service to the School .....	Mary Robertson
The D.W. Atkins Prize - Presented by the Old Girls to the prefect who has shown special concern for the Juniors ..	Heather McIllree
The Burridge Cup .....	Wendy Williams
The Young Cup - Combined Academic and Athletic Achievement ..	Leslie-Ann Browning
The Hammond Cup for Merit and The Rt. Reverend George Bell, Bishop of Chichester .....	Sara Neely
Rotary Award .....	Mary Ann Wiggins
	Wendy Williams
Austen-Leigh Cup .....	Sara Neely





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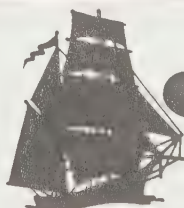
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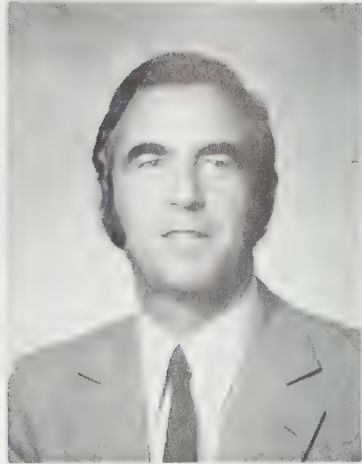
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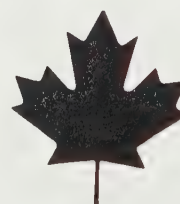
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